

ABSTRACT

An armrest assembly for an aircraft. The armrest assembly includes an insert. The insert includes a flange for coupling to an aircraft interior panel. The insert also includes a protruding portion. The protruding portion includes a cavity. The cavity has a length
5 greater than 12 inches and has a width greater than 2 inches. The armrest assembly also includes an armrest. The armrest is attached to the cavity. The armrest includes an upper surface for supporting the arm of an aircraft pilot or passenger. The armrest's upper surface has a length that is greater than 12 inches and has a width that is greater than 2 inches.

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